



## Catawba County Public Health

[www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth)

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### CATAWBA COUNTY PUBLIC HEALTH KICKS OFF THE 13TH ANNUAL NATIONAL WOMEN'S HEALTH WEEK MAY 13 – 19

HICKORY, NC – Catawba County Public Health is joining communities across the state and nation in celebrating National Women's Health Week, a week-long health observance to promote women's health. Women's Health Week encourages women to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Get regular checkups and preventive screenings.
- Be active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet.

Catawba County Public Health offers free to low-cost breast and cervical cancer screenings, education, and referral services to eligible women through the N.C. Breast and Cervical Cancer Control Program (BCCCP). To learn more about BCCCP visit [www.catawbacountync.gov/phealth/Adult/BCCCP.asp](http://www.catawbacountync.gov/phealth/Adult/BCCCP.asp), or call (828) 695-4445.

"We all have a role to play in women's health," said Jennifer McCracken, health services manager, Catawba County Public Health. "Women often serve as caregivers for their families, putting the needs of their spouses, partners, children, and parents before their own. As a result, to most women health and well-being become secondary. We all have a responsibility to support the women we know and do everything we can to help them take steps for longer, healthier, and happier lives."

Located in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).

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*"Leading the Way to a Healthier Community"*

